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Dear Valued Gaia Consumer

It is with great pleasure that we present our hand-crafted natural skin and health care collection.

Gaia Research trading as Gaia Organics was established in 1994. With more than two decades of research and experience in the field, Gaia Organics is one of the most sophisticated collections available worldwide.

The directorship, now in its 2<sup>nd</sup> generation, Claudia Wantling has continued to uphold, improve and advance the range with the capable assistance of her small but highly efficient team sharing the same commitment, passion and love that has been applied over the decades.

We continue to take our responsibility for your health and well-being seriously. This is our drive to ensure that we continue delivering the ultimate in natural organic skin and health care to our loyal followers.

Yours Sincerely

CLAUDIA WANTLING - Director

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## A Legacy of Responsible Natural Skin & Health Care

At Gaia Organics, it is Gaia's legacy we wish to share with you. Our love of Earth, People & Animals inspired a responsible, natural skin & health care collection, grounded in 30 years of testing, formulating, continuously reinventing and challenging industry related beliefs.

Gaia Organics' products are therefore based on the rich anti-oxidant and natural anti-aging properties of **Organic Green Tea** – sourced from a longstanding relationship in support of Fairtrade-specific practice.

Our findings in age-reversing pioneered an industry, combining **Organic Green Tea with Fruit Acids in our AHA toners, Colloidal Silver and Hyaluronic Acid, nucleic proteins** for optimum cell-regeneration. We want to emphasize that the Hyaluronic Acid used in Gaia Organics is not derived from animal placenta as practiced by some, but from plant-based Kombucha symbiont.

Gaia Organics' success with natural age-reversing and cell-regeneration inspired further research in the field. It is with excitement and confidence that we share the reinvented formulas with you, reaping the benefits of:

- Probiotics - lactobacillus, a non-animal-based probiotic
- Kalahari melon seed oil – rich in fatty acids essential for skin hydration and suppleness
- Kigelia extract (Sausage tree) – multi-functional with cancer fighting, anti-bacterial, collagen strengthening properties
- Organic Rosehip Seed oil for accelerated healing and scar reducing
- Plant based skin care
- Preserved with colloidal silver
- Sulphate free
- Paraben free
- Not tested on animals
- Beauty without Cruelty endorsed
- Vegan & Vegetarian accredited

From an ethical point of view, we also wish to share Gaia Organics' policy on product formula and rancidity. **We strictly limit the use of nut oils to avoid oxidation and instead the multi-nutritive oil of Jojoba is made use of.**



Gaia Organics' legacy of research and reinvention will continue to promote our love of Earth, People & Animals as we further explore the incredible natural world.

*The above overview touches briefly on Gaia Organics' practice. We want you to explore our brand and product labels, and discover the truths in an "Organic" or "Natural" me-too world. Be mindful: know your product ingredients and its effect on your health.*

## Skin Care Ranges:

- Premium Gold (mature 40+)
- Normal/Combination
- Lightly Mature / Dry 30+
- Spot Prone / Teenage
- Gaia Baby

### PREMIUM GOLD MATURE 40+ SUITABLE FOR DRY & DEHYDRATED SKINS

The Gold range is enhanced with enriched oils of Jojoba and Sesame (both organically sourced) as well as organic Kalahari Melon Seed Oil, high doses of Hyaluronic Acid (nucleic proteins derived from the Kombucha Symbiont matrix, Vitamins A & C

*An asterisk\* in the catalogue and on product labels denotes organically sourced ingredients.*

#### EYE ZONE SERUM - TISSUE OIL: (30ml) Jojoba oil & vit e enriched, Rosehip oil enhanced

For the fine porous structure under and around the eyes and lids and care of recent scar tissue or blemished. The serum can also be applied to the neck and décolletage area for increased hydration.

#### **Application:**

Apply a few drops from the pipette to a clean finger and starting under the eye area, pat sparingly into freshly cleansed skin, finishing at the eyes & lids. For massaging the décolletage area, apply a pipette of serum along with the Pigment Controlling Complex night cream.

**Contains:** \*Cold-pressed jojoba oil, \*sesame oil, flaxseed oil, evening primrose, \*coconut & \*organic rosehip, & essential oils of neroli, \*rose geranium, jasmin & ginger



**FRUIT ACID CONCENTRATE: (30ml) Alpha – Hydroxy Fruit Acid 20% High Potency**

A direct application on selected problem areas for collagen and elastin stimulation, the Fruit Acid Concentrate is a mild yet effective means to reduce the appearance of wrinkles and scarring. The concentrate can also be used to remove warts, moles and other raised irregularities. VERY EFFECTIVE FOR TEENAGE SKINS AS A FAST 'ZIT-ZAPPER'.

**Application:**

For wrinkle treatment around the mouth and upper lip squeeze one pipette from the bottle and apply directly to the upper lip area. Use caution around the eye area. For warts, moles, and other raised irregularities, apply concentrate thereto. Rinse off if sting occurs but otherwise leave on. Preferably used at night. This works extremely well with spot prone / teenage skin types where acne is prevalent.

**Contains:** Purified aqua, witch-hazel, \*coarse kelp, \*fresh comfrey leaf, \*fresh stinging nettle leaf, \*green tea extract, black tea extract \*kombucha extract, d-panthenol, allantoin, colloidal silver, \*centella leaf extract, malic acid, tartaric acid, citric acid, \*jojoba oil, Vit A, Vit C & Vit E and essential oils German chamomile & \*lavender.

**ROYAL BIO-NUTRICELL PIGMENT REGULATING ORGANIC DAY FACE LOTION: (100ml) Enhanced with organic Rosehip oil, enriched with Kigelia (sausage tree), high in Hyaluronic acid & Vt C, skin cancer preventative healing lotion. Sun protection Spf +- 15**

A moisturiser so unique to Gaia Organics, our premier product by far! Advanced anti-ageing and skin cancer preventative lotion. This product is suitable for all skins, men and women, but particularly useful for dry and damaged skins, as well as sun ravaged skin types and pigmentation.

**Application:**

Shake well, puddle into one cupped palm. Lightly rub hands together and massage into face & neck. Wait +- 1 minute for the nutritive oils to absorb fully. If skin is dehydrated, follow this application using the **Pro-Biotic Ultra Rich face cream**. For optimum results, please use in conjunction with Alpha-Hydroxy Fruit Acid Mature Toner, followed by Fruit Acid Phyto Spray & accompanying Pigment Controlling Complex Night Cream. This product may vary in colour & consistency due to seasonal changing of temperature and botanical ingredients.

**Contains:** Purified aqua, \*green tea, \*kombucha extract, yeast (selenium), \*comfrey leaf extract allantoin, ginseng, zinc oxide, tannic acid, para-amino benzoic acid, gum Arabic, Vit A, Vit B2 & Vit B6, Vit C, Vit E, d-Panthenol, amino acids of tyrosine, glutathione, thymol, colloidal silver, \*Kigelia Africana, \*sesame oil, \*jojoba oil, \*flaxseed oil, evening primrose oils, \*kalahari melon seed oil, rosehip oil & essential oils of \*lavender, \*rose geranium, \*neroli, orange, patchouli & \*ylang-ylang & rose peralgonium.



**STERI-OXYGENATOR SPRAY (100ml):** Oxygen skin sterilant used in conjunction with Enzymasque

*Supplements the diminishing oxygen levels in ageing, cancerous or acne-prone skin.*

**Directions:**

Spray a micro-film onto cleansed skin prior to Enzymasque being applied. Close & avoid eyes, lashes & eyebrows. Do not shake prior to the 1st application. Shake well after 2nd application & immediately re-apply a 3rd application to ensure that a then emulsified lipid seal traps oxygen on the skin.

Use maximum twice a week, before bed, followed by no cosmetic products until the next morning. Not for use following the Exfoliating Scrub.

Contains: Purified aqua, colloidal silver, hydrogen peroxide, green tea (extract), black tea (extract), vegetable glycerine, \*comfrey leaf (extract), allantoin, \*centella leaf (extract), \*ginkgo, \*jojoba oil, Vit A, Vit C & E & essential oil of German chamomile.

**ENZYMASQUE: (50ml)** Green Tea/Barley Powder, Phyto- Anti-Oxidant

Exclusive leading-edge regenerative, bio-oxygenating technology.

This product may be used advantageously on its own, but has been specially formulated to work synergistically with the *Endo-Epidermal Steri-Oxygenating Spray*, as indicated in that entry.

**Directions:**

Mix 1 teaspoon of powder with a few drops of tepid water spreading consistency & disperse over cleansed skin. Allow to dry & pull tight before re-hydrating, re-hydrate with Steri-Oxygenator. We suggest two re-hydrations, the second directly followed by a final spray of Steri-Oxygenator Spray.

Contains: \*dehydrated green barley powder, yeast (extract), chlorophyll, vitamins B, & selenium, \*comfrey leaf (extract), allantoin, glutathione, co-enzyme Q10, gum-arabic, kaolin & diatomaceous earth.



**ALPHA-HYDROXY ORGANIC FRUIT ACID TONER- MATURE SKIN: (100ml)**

*Age-reversing for mature skin. Fine Line Retarding. Deep Pore Cleansing, Alcohol Free*

Our unique blend of fruit acids (AHAs), essential oils and herbal extracts combine to assist in achieving and improves the removal of the dead skin build up, or cellular debris, improving skin texture. The smoother skin in turn can boost the effectiveness, absorption, and adhesion of your moisturiser.

**Directions:**

Apply 5 drops onto damp cotton- wool after cleansing. Do not rinse. Follow up by applying Royal Bio-Nutricell Day Face Lotion or Pigment Controlling Night Cream.

Contains: Purified aqua, witch-hazel, \*coarse kelp extract, \*fresh comfrey leaf, \*fresh stinging nettle leaf, \*green tea (extract), black tea (extract) \*kombucha extract, d-panthenol, allantoin, colloidal silver, \*centella leaf (extract), malic acid, tartaric acid, citric acid, \*jojoba oil, Vit A, Vit C, Vit E & essential oils of lemon, patchouli, \*lavender, \*rose geranium, rosemary, sage, thyme & German chamomile.

**REVITALISING COSMETIC WASH: (100ml)** Spot Control, Deep Cleansing, Sebum Regulating, Bio-degradable. Deep Cleansing best used as a morning cleanser.

**Directions:**

Apply sparingly to wet skin, avoiding the eyes. Rinse well, preferably with warm water & can be followed up with an Alpha-Hydroxy Fruit Acid Toner to re-establish the vital protective acid mantle on the skin.

**Contains:** Purified aqua, cocamidopropyl betaine, vegetable glycerine, colloidal silver & essential oils of \*lavender, lemon, sage, lemon balm, \*rose geranium, tea tree, thyme & rose pelargonium.

**COSMETIC CREAM CLEANSER & MAKE-UP REMOVER: (100ml)** Gentle mature skin (pH balanced) deep cleansing, non- alcohol cream cleanser and make-up remover.

**Directions:** Shake well and apply to a wet skin. Safe to take off mascara and other make-up. Rinse well with warm water thereafter.

**Contains:** Purified aqua, specially formulated cream base, coconut(extracts), vegetable glycerine, \*sesame oil, \*green tea (extract) and essential oils of lemon, \*lavender, rosemary, tea tree, ylang-ylang & \*rose geranium.



### **PHYTO SPRAY ULTRA HYDRATING SKIN MIST: (100ml)**

*Anti-aging, free radical scavenger, de clogs pores*

**Directions:** Shake well and spray a light mist over face with closed eyes. Best used after AHA Mature Toner and prior to applying Royal Bio-Nutricell or Pigment Controlling Night Cream Gold. Can also be used after Enzymasque or Exfoliating Scrub.

**Contains:** Purified aqua \*green tea (extract), black tea (extract), \*kelp (extracts), witch-hazel, vegetable glycerine, colloidal silver, co-enzyme Q10, MSM, \*kombucha (extract), \*centella leaf (extract), \*ginkgo, d-panthenol, and essential oils of \*rose geranium, rosemary, lavender, rose pelargonium and German chamomile.

### **PIGMENT CONTROLLING NIGHT CREAM: (50ml)**

*Supreme Aging Retardant, High in vitamin C & Hyaluronic Acid (Kombucha Extract) \*Herbal extract-based product for over-pigmented blemished skin and for night cream use.*

**Directions:** Apply to over-pigmented areas allowing absorption and further to the overall area.

**Contains:** Purified aqua, specially formulated cream base, colloidal silver, Vit A, Vit C, Vit B2, Vit B6 & Vit E, d-panthenol, vegetable glycerine, selenium, MSM, \*magnesium, tyrosine, \*comfrey leaf (extract), allantoin, \*green tea(extract), centella leaf (extract), salicylic acid, lime tree & curcuma extracts \*kalahari melon seed oil, essential oils of rose, \*rose geranium, \*lavender, rose pelargonium & German chamomile.

### **PRO-BIOTIC ULTRA RICH FACE CREAM: (50ML)**

This exceptionally rich cream is enhanced with the highly acclaimed, indigenous and organic Kalahari Melon Seed Oil. It is perfect for a very dry skin and specifically for the application onto the décolletage area as well as the entire face.

**Directions:**

For optimum results apply *after and over* the Royal Bio Nutricell Day Face Lotion. Can also be used at night if the skin is experiencing exceptional dryness.

**Contains:** Purified aqua, specially formulated aqueous cream base, colloidal silver, Vit A, Vit C, Vit B6, \*kalahari melon seed oil, lactobacillus (pro biotic), acidophilus (probiotic), MSM, \*turmeric, \*comfrey leaf (extract), allantoin, \*green tea (extract), \*centella leaf (extract) and essential oils of \*rose geranium, \*lavender, \* ylang Ylang and \*neroli.

IN THE GAIA RANGE, THE ALPHA-HYDROXY TONERS PLAY AN IMPORTANT FUNCTION AND HERE IS AN INTRODUCTION TO WHAT MAKES THE FRUIT ACIDS SO SPECIAL



## INTRODUCTION TO ALPHA-HYDROXY FRUIT ACID TONERS

Gaia Organics lead the field with genuine fruit acid preparations rather than the harsh cheap mimics (usually sugar-cane derived **glycolic acid**) used by most other manufacturers.

Our genuine Alpha Hydroxy Fruit Acid Toners deep cleanse the skin, including the portals of the pores, via natural herbal organic acids and essential oil solvents, which dissolve contaminated, oxidised and rancid sebum not reached by conventional cleansers.

AHA and botanical astringents, on constricting the pores, causing dissolved spent wastes to rise to the surface and be easily removed by wiping with cotton wool.

### Natural fruit acids in our bodies:

Centuries ago, humans were primarily fruit eaters and so evolved an exquisite protective acid mantle of natural fruit acids brought to the skin during perspiration.

Now, our specially extracted alpha-hydroxy fruit acids can provide leading-edge visible age control that optimise the many natural functions of the skin. Fruit acids are important because –

- They significantly improve texture and appearance within 4-8 weeks of daily use, without the risk of sensitisation or skin damage.
- They redefine texture and visibly smooth out and retard development of fine wrinkles and reduce the severity of deeper wrinkles
- They naturally stimulate, via polypeptide signalling, the production of collagen and elastin.
- It is important to use a moisturizer with a slight sunscreen for day use such as Bio Nutricell (green or gold); Day Defence cream; Cell Regenerating cream as the skin is rendered slightly more vulnerable to UV light.

Chemical peels can leave disastrous permanent blemishes.

### Anti-Irritant ingredient in our Toners:

We have also led the entire field with the incorporation of **green tea extracts**, which are highly specific anti-irritants against possible inflammation. If not formulated correctly, most manufacturers reduce their AHA concentrations to often practically useless levels.

Further benefits of topically applied green tea extracts include very powerful **antioxidant properties**, which retard the aging process as well as other constituents that actively protect against all serious forms of **skin cancer**.

All our AHA Toners contain:

- Purified Aqua



- Distillate of witch hazel astringent;
- Seaweed extract (kelp) - partly for cell-optimising trace minerals,
- Comfrey Leaf extract - for chlorophyll and healthy cell-proliferating allantoin
- Green tea extract - for anti-inflammatory and anti-oxidant polyphenols
- Chlorophyll, astringents and organic Germanium;
- Stinging nettle leaf extract - for gallic acid
- Organic silica and astringents;
- Centella Leaf extract - partly for chlorophyll (immune-stimulating & skin-healing)
- Kombucha (green tea symbiont) extract (selenium) - partly for hyaluronic acid and beta-glucan polysaccharides which are rare anti-aging bio-actives normally only obtainable from animal placenta
- Expressed oil of lemon as natural solvent;
- Vitamin C as cell-protectant,
- Thymol as antiseptic
- Three genuine alpha-hydroxy fruit acids as astringents, preservatives and more specifically for their collagen, elastin and hyaluronic acid stimulating. Each toner type has its own unique extras.

The ingredients listed above were scientifically selected following more than a decade of research for specific skin enhancing properties additional to basic nutritive and abovementioned co-constituents and properties, having valuable additional empirical bio-activities far too numerous to mention here.

Note: Genuine Fruit Acids cannot thin the skin as reported for other Alpha Hydroxy Acids. Only if spent surface cells are physically exfoliated, can skin become slightly more vulnerable to solar damage. Being fruit-eating animals by design, we are biologically constituted to eat fruit and perspire its acids.



## Green Range Skin Care

### Normal / Combination Skin Types

**CLEANSING WASH: (100ml)** coconut based cleanser (coco-betaine), gentle action

**Directions:** Apply 3 drops to wet skin, avoid the eyes & rinse well. Follow with All Skins AHA Toner

Contains: Purified aqua, cocamidopropyl betaine, colloidal silver, vegetable glycerine, \*green tea (extract), essential oils of lemon, neroli, peppermint, \*rose geranium.

**ALPHA-HYDROXY FRUIT ACID TONER- NORMAL/ COMBINATION SKIN TYPES: (100ml)**

Deep pore cleansing & refining, alcohol free, acid mantle restorative

**Directions:** Apply 5 drops onto a wad of damp cotton wool after cleansing. Do not rinse. Follow up by applying Day Defence Cream and Night Nourishing Cream.

Our pioneering Alpha -Hydroxy Fruit Acid Toners deep cleanse the skin, via natural herbal organic, fruit acids & essential oil solvents, which dissolve contaminated, oxidised & rancid sebum not reached by conventional cleansers. AHA and botanical astringents, on constricting the pores, cause dissolved spent wastes to rise the surface so as to be easily removed, a gentle, yet exceptionally efficacious process.

**Contains:** Purified aqua, witch-hazel, \*coarse kelp (extract), \*comfrey leaf (extract), \*stinging nettle leaf (extract), \*green tea (extract), black tea (extract), \*kombucha (extract), d-panthenol, allantoin, colloidal silver, \*centella leaf (extract), malic acid, tartaric acid, citric acid, \*jojoba oil, Vit A, Vit C & Vit E and essential oils of lemon, neroli, bergamot, \*lavender, sage, juniper, patchouli, tea tree, thyme, German chamomile & lemon balm.

**DERMA OPTI-MIST, SKIN FRESHENER AND HYDRATING MIST: (100ml)**

Skin freshener & micro-nutritive hydrator

**Directions:** Shake well & spray a light mist over the face, avoiding the eyes. This product can also be used after AHA toner application. Boosts & freshens any time of the day & prior to moisturizing.

**Contains:** Purified aqua, colloidal silver, Vit C, d-panthenol, vegetable glycerine, allantoin, \*kelp extract, \*green tea (extract), \*centella leaf (extract), black tea (extract), ginkgo, aloe ferox (extract), \*rose geranium, \*lavender, German chamomile.



**DAY DEFENCE CREAM: (50ml)** Mild sun protection, light moisturiser

**Directions:** Apply a small smear to the skin after toning, whilst skin is moist.

**Contains:** Purified aqua, specially formulated cream base, \*comfrey allantoin, \*green tea (extract) & \*centella leaf (extract), vegetable glycerine, d-panthenol, para-amino benzoic acid, aloe (extract), zinc oxide, Vit A, Vit B2 & Vit B6, C & E, \*sesame, \*jojoba oil, flax seed oil, \*coconut (extract), evening primrose & essential oils of lavender, neroli, orange, \*rose geranium, ylang ylang & German chamomile.

**NIGHT NOURISH CREAM: (50ml)** A Nourishing & Regenerative Night Cream

**Directions:** Apply a small smear to the skin after applying Gaia Organics All Skins AHA Toner, whilst skin is still moist.

**Contains:** Purified aqua, specially formulated cream base, colloidal silver, coconut (extract), \*jojoba oil, \*flaxseed oil, & evening primrose, Vit A, Vit C & Vit E, vegetable glycerine, \*green tea (extract), allantoin, \*centella leaf (extract), aloe ferox (extract), d-panthenol & essential oils of \*lavender, \*rose geranium & German chamomile.

## **Spot-Prone / Teenage / Problem**

**COSMETIC LIQUID SOAP CLEANSER: (100ml)** Spot-prone/teenager skin, deep cleansing

**Directions:** Apply 3 drops to wet skin, avoiding the eyes. Rinse well, preferably with warm water & follow with AHA Spot Prone Toner. Highly recommended for removing environmental pollutants & spent oil residues at day's end.

**Contains:** Purified aqua, cocamidopropyl betaine, colloidal silver, vegetable glycerine & essential oils of \*lavender, lemon, sage, lemon balm, \*rose geranium, tea tree and thyme.

**ALPHA-HYDROXY ORGANIC FRUIT ACID TONER - SPOT PRONE SKIN: (100ml)**

Deep pore cleansing& refining, alcohol free, acid mantle restorative

**Directions:** Apply 5 drops onto a wad of damp cotton wool after cleansing. Do not rinse. Follow up by applying Day Defence Cream and Exzit Spot Cream.

Our pioneering Alpha Hydroxy Fruit Acid Toners deep cleanse the skin, including the portals of the pores, via natural herbal organic fruit acids & essential oil solvents, which dissolve contaminated, oxidised & rancid sebum not reached by conventional cleansers. AHA and botanical astringents, on constricting the pores, cause dissolved spent wastes to rise to the surface to be easily removed, a gentle, yet exceptionally efficacious process.



**Contains:** Purified aqua, witch-hazel, \*kelp (extract), \*comfrey leaf (extract), \*fresh stinging nettle leaf (extract), \*green tea (extract), black tea (extract), \*kombucha extract, d-panthenol, allantoin, colloidal silver, \*centella leaf (extract), malic acid, tartaric acid, citric acid, \*jojoba oil, Vit A, Vit C & Vit E essential oils of \*rose geranium, lemon, neroli, bergamot, \*lavender, sage, juniper, patchouli, tea tree, thyme, melissa & German chamomile.

**DERMA OPTI-MIST, SKIN FRESHENER AND HYDRATING MIST: (100ml)** Skin freshener & micro-nutritive hydrator

**Directions:** Shake well & spray a light mist over the face, avoiding the eyes. This product can also be used after AHA toner application. Boosts & freshens any time of the day & prior to moisturizing.

**Contains:** Purified aqua, colloidal silver, Vit C, d-panthenol, vegetable glycerine, \*comfrey leaf (extract), allantoin, \*kelp (extract), \*green tea (extract), black tea (extract), \*centella leaf (extract), ginkgo, aloe ferox (extract) & essential oils of \*rose, rose geranium, \*lavender & German chamomile.

**DAY DEFENCE CREAM: (50ml)** Mild sun protection, light moisturiser

**Directions:** Apply a small smear to the skin after toning, whilst skin is moist.

**Contains:** Purified aqua, specially formulated cream base, colloidal silver, \*comfrey leaf (extract), allantoin, \*green tea (extract), \*centella leaf (extract), vegetable glycerine, d- panthenol, para-amino benzoic acid, aloe ferox (extract), zinc oxide, Vit A, Vit B2 & Vit B6, Vit C & Vit E, \*sesame oil, \*jojoba oil, coconut (extract), evening primrose oil & essential oils of lavender, neroli, orange, ylang ylang, \*rose geranium & German chamomile.

**EXFOLIATING SCRUB: (50ml)** Ultra-gentle diatomaceous earth, no micro-beads skin polishing cream.

**Directions:** For dry skins, use twice weekly. Rub lightly onto clean, wet skin. Can also be used as a masque. DO NOT follow this application with AHA Fruit Acid Toners. For oily skin types, use once weekly only to avoid over stimulation of sebaceous oil glands. Do not use AHA Toner after exfoliation but can be followed with a spray of Derma Optimist Hydrating Spray.

**Contains:** Purified aqua, diatomaceous earth, specially formulated cream base, colloidal silver, vegetable glycerine, \*green tea (extract), \*centella leaf (extract), \*comfrey leaf (extract), allantoin, aloe ferox (extract), vitamin C, \*sesame oil, coconut oil & essential oils of \*lavender, neroli & German chamomile.



**EXZIT SPOT CREAM: (50ml)** Skin clearing concealer & bio steriliser

**Directions:** Apply lightly to the overall problem area after. For best results use AHA fruit acid toner for spot prone skin prior to applying the Exzit Spot Cream. Can be used day & night.

**Contains:** Purified aqua, specially formulated cream base, \*comfrey leaf (extract), allantoin, \*green tea (extract) & \*centella leaf (extract), vegetable glycerine, d-panthenol, para-amino benzoic acid, aloe ferox (extract), zinc oxide, Vit A, Vit B2 & Vit B6, Vit C & Vit E, \*sesame oil, \*jojoba oil, coconut (extract), evening primrose oil, neroli, \*rose geranium & German chamomile.

## **Lightly Mature / Dry Skin 30+**

**MOISTURISING CREAM CLEANSER MAKE-UP REMOVER: (100ml)** eye and makeup remover

**Directions:** Shake well. Apply to wet skin and gently rub over face and closed eyes. Rinse well, preferably with warm water if removing oil-based makeup, especially mascara. Follow with Mature AHA Toner.

**Contains:** Purified aqua, specially formulated cream base, coconut (extract), vegetable glycerine, colloidal silver, \*sesame oil, \*green tea (extract) & essential oils of lemon, \*lavender, rosemary, tea tree & ylang-ylang.

**ALPHA – HYDROXY ORGANIC FRUIT ACID TONER: MATURE/DRY SKIN: (100ml)**

Deep pore cleansing & refining, acid mantle restorative. Our pioneering Alpha Hydroxy Fruit Acid Toners deep cleanse the skin, including the portals of the pores, via natural herbal organic fruit acids & essential oil solvents, which dissolve contaminated, oxidised & rancid sebum not reached by conventional cleansers. AHA and botanical astringents, on constricting the pores, cause dissolved spent wastes to rise to the surface to be easily removed, a gentle, yet exceptionally efficacious process.

**Directions:** Apply 5 drops onto a wad of damp cotton wool after cleansing. Do not rinse. Follow up by applying Bio- Nutricell Day Face Lotion & Cell Regenerating Cream.

**Contains:** Purified aqua, witch-hazel, \*kelp (extract), \*comfrey leaf (extract), \*stinging nettle leaf (extract), \*green tea (extract), black tea (extract), \*kombucha symbiont (extract), d-panthenol, allantoin, colloidal silver, \*centella leaf (extract), malic acid, tartaric acid, citric acid, \*jojoba oil, Vit A, Vit C & Vit E and essential oils of lemon, patchouli, \*lavender, \*rose geranium, rosemary & sage.



**DERMA OPTI-MIST, SKIN FRESHENER AND HYDRATING MIST: (100ml) Skin freshener**

**Directions:** Shake well & spray a light mist over the face, avoiding the eyes. This product can also be used after AHA toner application. Boosts & freshens any time of the day & prior to moisturizing.

**Contains:** Purified aqua, colloidal silver, Vit C, d-panthenol, vegetable glycerine, \*comfrey leaf (extract), allantoin, \*kelp (extract), \*green tea (extract), black tea (extract), \*centella leaf (extract), ginkgo, aloe ferox (extract) & essential oils of \*rose geranium, \*lavender & German chamomile.

**BIO-NUTRICELL ORGANIC DAY FACE LOTION – DRY SUN DAMAGED SKIN TYPES: (100ml)**

Advanced Anti-Aging, Skin Cancer Prevention, Sun Protection SPF  $\pm 15$

**Directions:** Shake well to emulsify all ingredients. Puddle into a cupped hand, spread into palms & massage over face & neck. Allow a minute or two for absorption. For optimum results, please use accompanying Alpha-Hydroxy Fruit Acid Toner, & Cell Regenerating Night Cream. This product might change in colour & consistency due to seasonal changing of botanical ingredients. Will thicken & darken over time. 1/3 Green tea, 1/3 plant extracts, vitamins & minerals, 1/3 cold pressed oils.

**Contains:** Purified aqua, \*green tea (extract), black tea (extract), zinc oxide, tannic acid, para-amino benzoic acid, \*comfrey leaf (extract), allantoin, beta-carotene, Vit A, Vit B2 & Vit B6, Vit C, Vit E, d-panthenol, \*kombucha (extract), ginseng, tyrosine, glutathione, thymol, colloidal silver, \*sesame oil, jojoba oil, \*flaxseed, evening primrose, \*kigelia (sausage tree) & \*kalahari melon seed oil, essential oils of \*lavender, \*rose geranium, neroli, orange, patchouli, ylang-ylang & lemon balm.

**CELL REGENERATING CREAM: (50ml)**

Rich moisturiser (for day and/or night use), mild sun protection regenerative cream.

**Directions:** Apply a small smear to the skin after applying the Mature AHA toner, whilst skin is moist. For dry skins use Bio-Nutricell Pigment Regulating Day Face lotion.

**Contains:** Purified aqua, specially formulated cream base, colloidal silver, vegetable glycerine, \*green tea (extract), \*centella leaf (extract), \*comfrey leaf (extract), allantoin, aloe ferox (extract), para-amino benzoic acid, d-panthenol, Vit A, Vit B2 & Vit B6, Vit C & Vit E, zinc oxide, \*jojoba oil, \*sesame oil, \*flaxseed oil, evening primrose oil, coconut oil(extract) & essential oil of \*lavender, neroli, \*rose geranium, orange, ylang-ylang & German chamomile.



## Gents

**CLEANSING WASH: (100ml)** Normal / combination skin, gentle action

**Directions:** Apply 3 drops to wet skin, avoid the eyes & rinse well. Follow with All Skin AHA Toner.

**Contains:** Purified aqua, cocamidopropyl betaine, colloidal silver, vegetable glycerine, \*green tea (extract), & essential oils of lemon, neroli, peppermint & \*rose geranium.

**ALPHA-HYDROXY ORGANIC FRUIT ACID TONER- NORMAL/COMBINATION SKIN TYPES: (100ml)**

Deep pore cleansing & refining, alcohol free, acid mantle restorative

**Directions:** Apply 5 drops onto a wad of damp cotton wool after cleansing. Do not rinse. Follow up by applying Day Defence Cream and Night Nourishing Cream.

Our pioneering Alpha -Hydroxy Fruit Acid Toners deep cleanse the skin, via natural herbal organic fruit acids & essential oil solvents, which dissolve contaminated, oxidised & rancid sebum not reached by conventional cleansers. AHA and botanical astringents, on constricting the pores, cause dissolved spent wastes to rise to the surface to be easily removed, a gentle, yet exceptionally efficacious process.

**Contains:** Purified aqua, witch-hazel, \*kelp extract, \*fresh comfrey leaf (extract), \*stinging nettle leaf (extract), \*green tea (extract), black tea (extract), \*kombucha (extract), d-panthenol, allantoin, colloidal silver, \*centella leaf (extract), malic acid, tartaric acid, citric acid, \*jojoba oil, Vit A, Vit C & Vit E and essential oils of lemon, neroli, bergamot, \*lavender, sage, juniper, patchouli, tea tree, thyme, German chamomile & lemon balm.

**GENTS DAY CREAM: (50ml)** To shave & moisturize, mild sun protection.

**Directions:** Apply a small smear to the skin before and/or after shaving.

**Contains:** Purified aqua, specially formulated cream base, \*comfrey leaf (extract) allantoin, \*green tea (extract) & \*centella leaf (extract), colloidal silver, vegetable glycerine, d-panthenol, para-amino benzoic acid, aloe ferox (extract), zinc oxide, Vit A, Vit B2, Vit B6, Vit C & Vit E, chlorophyll, \*sesame oil, \*jojoba oil, coconut (extract), evening primrose oil & essential oils of neroli, rose geranium & German chamomile.



**EXFOLIATING SCRUB: (50ml)** Ultra-gentle diatomaceous earth, no micro-beads skin polishing cream.

Directions: For dry skins, use twice weekly. Rub lightly onto clean, wet skin. Can also be used as a masque. DO NOT follow this application with AHA Fruit Acid Toners. For oily skin types, use once weekly only to avoid over stimulation of sebaceous oil glands. Do not use AHA Toner after exfoliation but can be followed with a spray of Derma Optimist Hydrating spray.

Contains: Purified aqua, diatomaceous earth, specially formulated cream base, colloidal silver, vegetable glycerine, \*green tea (extract), \*centella leaf (extract), \*allantoin, aloe ferox (extract), Vit C, \*sesame oil, coconut oil(extract) & essential oils of \*lavender, \*neroli & German chamomile.

## **PERSONAL HYGIENE / BODY RANGE**

**TOOTH POWDER: (50ml)** Diatomite based, mint and herbal, oral care tooth powder. (non-fluoride)

Directions: Wet tooth brush & dip into powder.

Contains: Diatomite, \*magnesium peroxide, colloidal silver, bicarbonate of soda, sea salt, vegetable glycerine, \*comfrey leaf (extract), allantoin, \*green tea (extract), \*centella leaf (extract), \*licorice oil & essential oils of spearmint, peppermint, thyme, gaultheria, lemon, cinnamon, cassia, \*tea tree.

**BODY LOTION: (250ml)** Moisturising & Nourishing Body Lotion

Directions: Shake well. Apply a light film via firm rubbing into the skin after washing.

Contains: A specially formulated cream base, purified aqua, colloidal silver, \*green tea (extract), \*comfrey leaf (extract) allantoin, \*centella leaf (extract) & aloe ferox (extract), \*sesame oil, \*coconut (extract), \*jojoba oil, evening primrose, kalahari melon seed oil, Vit A, Vit C & Vit E, para-amino benzoic acid, zinc oxide, essential oils of neroli, \*rose geranium & ylang-ylang.

**HAND LOTION: (100ml)** A lotion for dry & calloused hands, softens, smooths and nourishes

Directions: Shake well. Massage into clean hands for healing & nourishment.

Contains: A specially formulated cream base, purified aqua, vegetable glycerine, \*sesame oil, \*coconut oil( extract), vitamin E, colloidal silver, zinc oxide, comfrey leaf (extract), allantoin, green tea (extract), centella leaf (extract) & aloe ferox (extract), camphor resin & essential oils of \*lavender, cajuput \*rose geranium & thyme.



**PEPPERMINT FOOT LOTION: (100ml)** For tired, sore & aching feet.

**Directions:** Shake well. Apply, firmly rubbing into the feet, for an uplifting & moisturising treatment. Softens calloused skin.

**Contains:** Purified aqua, specially formulated cream base, \*comfrey leaf (extract), allantoin & \*centella leaf (extract), colloidal silver, camphor & essential oils of peppermint, tea tree, lemon, thyme & German chamomile.

**HAND AND BODY LIQUID SOAP: (250ml)** Multi-purpose liquid soap concentrate.

**Directions:** Shake well. Apply to wet skin (avoid eyes), sparingly to avoid stripping the natural protective sebum barrier (in which case apply an appropriate compensating moisturiser). Also serves well when travelling as a multipurpose cleanser, doubling as a soap and shampoo.

**Contains:** Purified aqua, cocamidopropyl betaine, colloidal silver, expressed oil of lemon thymol & essential oils of cajaput, \*tea tree, lemongrass.

**BIO-SHAMPOO: (250ml)** Gentle action, herbal antiseptic shampoo. Bio-degradable.

**Directions:** Shake well and apply to damp hair. Puddle a small amount of shampoo into your hand and then work up a lather using water. Massage into scalp & rinse well, avoiding eyes.

**Contains:** Purified aqua, cocamidopropyl betaine, colloidal silver, \*green tea (extract), \*comfrey leaf (extract), vegetable glycerine, essential oils of rosemary, sage, \*bergamot & lemon thymol.

**HAIR CONDITIONING TONIC – DRY SCALP / ALL TYPES: (250ml)**

Seaweed based, herbal formulated, nutrient enriched, nourishing conditioner. Bio-degradable.

**Directions:** Following the use of Bio-Shampoo, after a thorough rinsing, shake the bottle of conditioner well, squirt sufficient into the hair depending on its length, density & condition to enable you to finger massage all the hair. It is best to leave the conditioner in the hair. Avoid eyes.

**Contains:** Purified aqua, colloidal silver, \*kelp (extract), \*stinging nettle leaf (extract), \*green tea (extract), black tea (extract) & \*comfrey leaf (extract), malic acid, d-panthenol, \*kombucha symbiont (extract), \*jojoba oil, \*sesame oil & \*coconut oil(extract), & essential oils of \*rosemary, sage, cedarwood, \*bergamot, eucalyptus, juniper, cajaput & patchouli.



**HAIR CONDITIONING TONIC - GROWTH STIMULATOR: (250ml)**

Seaweed based, herbal formulated, follicle stimulating conditioner via the use of Capsicum (chillies).

**Directions:** Following the use of Gaia Bio-Shampoo, after a thorough rinsing, shake conditioner bottle well, squirt sufficient amount onto hair depending on length, density & condition, to enable you to finger massage all the hair. It is best to leave conditioner in the hair.

**NB:** Take care to avoid eyes. It is entirely safe, but the capsicum, even in traces, will sting the eyes. Repeat procedure after each hair washing so that active concentrated residues always remain in contact with the scalp.

**Contains:** Purified aqua, colloidal silver, \*kelp (extract), \*stinging nettle leaf (extract), \*green tea (extract), black tea (extract) \*comfrey leaf (extract), \*ginkgo, malic acid, d-panthenol, \*kombucha symbiont (extract), \*jojoba oil, \*sesame oil & coconut oil, essential oils of rosemary, sage, cedarwood, bergamot, cajaput, German chamomile & \*capsicum resin.

**HAIR CONDITIONING TONIC - WARM OIL: (100ml)** Nutritive conditioner for brittle or damaged hair.

**Directions:** Shake well. After washing & rinsing, shake well & mix a few drops into both hands, appropriate to the length of the hair & finger-comb well into warm wet hair, working from the drier ends towards the scalp. Finger-comb & rinse with warm running water, to minimise entanglement & remove any excess oil. Only a thin film is required to achieve the initial moisture-retaining effect. Over-application results in hair looking dark, damp & greasy, rather than light, lubricated & shiny. Adjust at subsequent treatments, a week or so apart, according to experience.

**Contains:** Purified aqua, colloidal silver, \*jojoba, \*sesame oil & \*coconut oil, \*kelp extract, malic acid, Vit C, Vit E, d-panthenol & essential oils of \*rosemary, sage, \*bergamot.

**HER DEODORANT ROLL-ON: (100ml)** Aluminium free, roll-on deodoriser.

**Directions:** Shake well. Apply under arms & re-apply as necessary.

**Contains:** Purified aqua, specially formulated cream base, colloidal silver, witch hazel, \*green tea extract, \*comfrey leaf (extract), allantoin, aloe ferox extract, malic & citric acids, Vit C, essential oil of lemon, thymol, & essential oils of neroli, \*tea tree, \*bergamot, lemon, orange, \*rose geranium, \*lavender.



**HIS DEODORANT ROLL-ON: (100ml)** Aluminium free, roll-on deodoriser.

**Directions:** Shake well. Apply under arms & re-apply as necessary.

**Contains:** Purified aqua, specially formulated cream base, zinc oxide, colloidal silver, witch hazel, \*green tea (extract), \*comfrey leaf(extract), allantoin & aloe ferox (extract), \*sesame oil, & \*coconut oil, d-panthenol, beta-carotene, Vit C, Vit E, MSM & essential oils of \*lavender, cedar wood, patchouli, German chamomile.

**SENSUAL BODY PERFUME: (50ml)**

**Directions:** Shake well and dot behind the ears and in the neck, or spread along the décolletage area.

**Contains:** Jojoba oil, sesame oil, evening primrose oil with essential oils of patchouli, ylang-ylang, & rose geranium.

**HAPPY FOOT POWDER: (40g)** A natural, organic foot powder.

**Directions:** Sprinkle lightly inside shoes when required, preferably in a ventilated area. If possible, avoid inhaling if used frequently.

**Contains:** diatomite, kaolin powder, flowers of sulphur, allantoin & essential oils of lavender, tea tree, lemon, peppermint, German chamomile & thyme.

## **Healing Lotions and Creams**

**EFA CREAM (50ML):** Dry/Eczematous & Psoriasis Skin, high in Omega rich essential fatty acids.

**Directions:** This formula concentrates on lipidic penetration of the essential fatty acids. For weeping or infected (inflamed) lesions, first apply the Comfrey & Thyme Healing Balm, a water-soluble formula, to sterilise & accelerate healing.

**Contains:** Purified aqua, specially formulated cream base, colloidal silver, \*flax seed oil & evening primrose, \*kalahari melon seed oil & \*kigelia (sausage tree) (extract), Vit A, Vit C & Vit E & essential oils of \*lavender, tea tree, patchouli& German chamomile.



**COMFREY AND THYME: (50ml) Healing Balm**

**Directions:** Apply to cleansed trouble areas. This formula concentrates on aqua-penetration of the healthy cell-proliferative & anti-microbial bio-actives.

**Contains:** Purified aqua, specially formulated cream base, \*comfrey leaf (extract), allantoin, \*centella leaf (extract), \*green tea (extract) & aloe ferox (extract), colloidal silver, gum benzoin, MSM, Vit C, chlorophyll, expressed oil of lemon thymol, essential oils of \*lavender, tea tree & German chamomile.

**MOSQUITO REPELLENT BITE LOTION: (100ml)- BABY SAFE**

Highly effective, non- toxic, mosquito repellent and bite relief lotion. Essential for baby use as commercial repellents are incredibly toxic.

**Directions:** Shake well. Rub a thin film over exposed, susceptible sites (especially the ankles & hands & feet). Avoid eyes.

**Contains:** Purified aqua, specially formulated cream base, castor oil, \*comfrey allantoin & \*centella leaf (extract), colloidal silver, essential oils of \*lavender, peppermint, rosemary, patchouli, citronella, cajaput & thyme, lemon and camphor.

**SKIN BALANCING CREAM: Vitiligo: (50ml) For light vitiligo spots that require pigment enhancement.**

**Directions:** Use twice daily. Apply a light film to the skin. For best results use after applying the appropriate AHA toning.

**Contains:** Purified aqua, specially formulated cream base, Vit B2, Vit B6, para-amino benzoic acid, colloidal silver, tyrosine, zinc oxide, \*green tea (extract) & aloe ferox (extract), essential oils of neroli, rose geranium\*, bergamot & German chamomile.



## Sun-Defence & Aloe Sunburn Lotion

**EXTREME UV SUN DEFENSE SPF ±30: (150ml) \* Baby Safe, DO NOT apply a sunblock of more than SPF 30+**

*Zinc Oxide based, face and body sun defence lotion - RE-APPLICATION NECESSARY. Essential for use on babies as commercial sun blocks are laden with chemicals. High chemical use in commercial sunscreens can lead to skin cancer rather than preventing it.*

**Directions:** It is very important to apply liberally until the skin becomes opaque (noticeably paler) & remains that way. Re-apply as often as necessary to maintain this effect to avoid skin-reddening under intense &/or prolonged exposure to the sun. Re-apply if washed or towelled-off. The effectiveness of this product is determined by its correct usage at all times.

**Contains:** Purified aqua, \*kelp extract, zinc oxide, tannic acid, \*green tea (extract), \*comfrey allantoin & aloe ferox (extract), \*sesame and coconut oil, d-panthenol, para-amino benzoic acid, Vit C, MSM and essential oils of \*lavender, patchouli, and German chamomile.

### **NUTRICELL BODY LOTION: (150ml)**

**For use on the body for dry and solar keratosis sun damage as well as thinning skin**

Progressive UV Defence and Anti-aging, soothing and healing especially for sun- damaged and dry skin. This is the body lotion version of Bio & Royal Bio-Nutricell day face lotion.

**Directions:** Shake well, puddle into a cupped hand and apply over the body areas exposed to the sun. Avoid initial contact with clothing & other fabrics until absorbed into the skin. Waterproof, but re-apply lightly. Combine with Extreme UV Sun Defence for overall outdoor protection.

**Contains:** Purified aqua, zinc oxide, colloidal silver, tannic acid, para-amino benzoic acid, \*green tea (extract), black tea (extract) & \*comfrey leaf extract, allantoin, Vit. A, Vit B2 & Vit B6, Vit C, Vit E, d-panthenol, \*kombucha, \*ginseng, tyrosine, glutathione, \*selenium, colloidal silver, \*kigelia (extract), \*sesame oil, \*jojoba oil, \*flaxseed oil & evening primrose oil, \*kalahari melon seed oil, essential oils of \*lavender, \*rose geranium, neroli, orange, patchouli, ylang ylang & lemon thymol.



### **SUNBURN LOTION: Enhanced with Aloe Extract: (250ml)**

Post sunburn, soothing, calming & healing, sunburn lotion. Speeds recovery from sun damage.

**Directions:** If possible, first rinse the affected area with fresh water to remove sand & excessive salt or chlorine residues. Apply the cream to the affected areas. Repeat as often as necessary until inflamed skin has calmed & is restored.

**Contains:** Purified aqua, specially formulated cream base, colloidal silver, d-panthenol, \*green tea (extract), \*comfrey leaf (extract), allantoin, \*centella leaf (extract) & aloe ferox (extract), Vit A, Vit C & Vit E, para-amino benzoic acids, zinc oxide, \*sesame oil, \*coconut oil, \*flaxseed oil & evening primrose oil, kalahari melon seed oil & essential oils of \*lavender & German chamomile.

### **ACHIEVING SAFE & EFFECTIVE SUN PROTECTION**

Gaia uses the only two natural UV-A sunscreens approved by the US FDA, namely Zinc Oxide (Gaia do 'not' utilise nano-particles). We will not use the 3rd approved chemical Avobenzone, because this is entirely synthetic and is incompatible with the former chemically inert mineral options, which simply act as 'microscopic mirrors' on the skin and so safely refract (scatter) all UV-light away from such protected areas.

Chemical types are dangerously absorbed into the skin, whilst mineral types lie safely on the surface, so from a safety perspective, the mineral types are clearly superior.

Avobenzone 'absorbs' the whole UVA spectrum at 310-400 nm. It does not provide any UV-B absorption however Zinc oxide is an approved UV-A mineral and provides 'refractive' protection against the entire UV spectrum. The most commonly used benzophenones (oxy & dioxy-benzones) only protect in the 320-340 nm portion of the UVA range and hence are not true UV-A screens, yet products can claim to be 'broad spectrum', since this is literarily correct, irrespective of how weak or incomplete such protection might be.

Gaia utilize nutritional Para-amino benzoic acid (PABA), a FDA approved natural UV-B sunscreen. Industry-wide use of synthetic PABA esters have created reputations as skin sensitizers, yet nutritional PABA, a natural component of folic acid and a B-complex vitamin constituent of many whole-foods, when stabilised with anti-oxidants such as green tea extracts, remains the safest UV-B screen available besides the refractive minerals, but unlike these, actually bonds to the skin's surface proteins, affording durable UV-B absorptive protection should the minerals be inadvertently rubbed off by clothing or inevitably be towelled off.

Sesame oil is used for its anti-oxidative lignin and phenolic constituents and for its relatively high refractive index. Tannic acid is also used in some (darker) products as an effective UV-absorber,



polyphenolic anti-oxidant. Both sesamol and tannic acid have specific skin carcinoma-inhibiting properties, as does also Green tea, to an even greater degree than the former two and over and above the latter's anti-oxidant properties, so much so, that green tea extracts have been the most promising substances in the field of skin-cancer prevention and treatment for the past decade, limited only by its non-patentability.

Actinic keratosis (a scaly or crusty bump that forms on the skin surface) and squamous cell carcinoma (a rodent ulcer), are benign pre-cancers and superficial cancers respectively, both caused by UV-B exposure. Basal cell carcinoma and the usually fatal malignant melanoma are far more serious deep-seated skin cancers caused by UV-A exposure. Clearly both UV-B and UV-A are best avoided, if not carefully controlled; yet SPF-type sunscreen products usually fail dismally to address UV-A. This is the principal rationale behind our impassioned educational exposé and provision of carefully formulated products to meet this dire need.

In particular, green tea extracts are effective cancer preventive agents for many of the adverse effects of sunlight on human health and may thus serve as natural alternatives for chemical sun protection. Most Gaia Organics products are formulated with green tea extracts.



## Gaia Baby Range

The following products form a small baby range, although all Gaia products are safe for babies and pregnant women.

Please note that we do not believe in lathering a baby from 0-9months of age with anything other than the bare minimum of essential products as the baby's cellular matrix and fragile immune systems are still forming. Excess ingredients, albeit it "safe" and gentle on young skins can confuse the immune system.

**EXTREME UV SUN DEFENSE SPF ±30: (150ml) \* Baby Safe, DO NOT apply a sunblock of more than SPF 30+**

*Zinc Oxide based, face and body sun defence lotion - RE-APPLICATION NECESSARY. Essential for use on babies as commercial sun blocks are laden with chemicals. High chemical use in commercial sunscreens can lead to skin cancer rather than preventing it.*

Directions: It is very important to apply liberally until the skin becomes opaque (noticeably paler) & remains that way. Re-apply as often as necessary to maintain this effect to avoid skin-reddening under intense &/or prolonged exposure to the sun. Re-apply if washed or towelled off. The effectiveness of this product is determined by its correct usage at all times.

**MOSQUITO REPELLENT BITE LOTION: (100ml)**

Highly effective, non- toxic, mosquito repellent and bite relief lotion. Baby safe.

Directions: Shake well. Rub a thin film over exposed, susceptible sites (especially the ankles, ears & feet). Avoid eyes and hands.

Contains: Purified aqua, specially formulated cream base, castor oil, \*comfrey leaf (extract), allantoin & \*centella leaf (extract), colloidal silver, essential oils of \*lavender, peppermint, rosemary, patchouli, citronella, cajaput & thyme, lemon and camphor.

**HAPPY NAPPY BABY POWDER: 60G**

Hygienic health care for baby's bottom

Contains: Kaolin, corn starch, allantoin, aloe ferox powder, essential oils of lavender, tea tree, German chamomile.



#### **BABY BARRIER CREAM: 50ml**

In conjunction with the nappy powder, this is a soothing cream to soothe baby bottoms.

Contains: Zinc oxide, kaolin, comfrey allantoin, aqueous cream base, calendula oil, lavender, and German chamomile.

#### **ROYAL BIO - OIL: 100ml**

For pregnant mothers to apply liberally over areas prone to stretch marks.

Contains: Organic kalahari melon seed oil, calendula oil, Vitamin E, jojoba oil.

#### **MOISTURISING BABY WASH: 100ml**

A light and moisturising body wash, non-irritant and suitable for gently washing baby without stripping the natural oils

Contains: Purified aqua, specially formulated aqueous cream base, colloidal silver, flaxseed oil, jojoba oil, kalahari melon seed oil.

## **Gaia Health Range**

- Advanced Dietary Supplement
- Super Foods / Immune Boost Powders
- Organic Green Tea and Food Salts
- Suitable for vegans
  
- Magnesium Peroxide Oxygen / De-Acidifying powder
- Pure Sodium Ascorbate Vitamin C Powder
- Super Oxygenated Water Hydrogen Peroxide 35% (food grade)
- Organic Green Tea / Whole-leaf Unblended (Fairtrade Compliant)  
Bags (50 oxygen bleached tea bags), Whole-leaf 100g, Budget 200g



## Kombucha Energizing Drink

- Selenium – Sea (in a kelp base)
- Micronized Kelp
- Nutri Spice Health Salt (turmeric enhanced)
- Organic Turmeric & Black Pepper Spice (Non-Irradiated)
- Organic Barley Grass Powder (Non-Irradiated)
- Flaxseed Oil
- Hemp Seed Oil
- Magnesium Chloride Spray

## **THE KEY TO IMMUNE BUILDING IS TO DE-ACIDIFY AND OXYGENATE THE BODY**

### THE GAIA IMMUNOLOGICAL OPTIMISATION PROTOCOL INCORPORATING ALL NUTRACEUTICAL ELEMENTS PREVENTION OF BACTERIAL / VIRAL ACTION

After more than a decade-long experience that this protocol, if executed correctly – and in conjunction with the Gaia Diet, will serve to assist the human/animal body to void all hosted pathogenic micro-organisms, including active, but not latent viruses and the egg-stages of, but not macro-parasites themselves, whilst latent viruses remain so or are destroyed, as also are all malignant cells, via optimised host immune system enzyme-controlled cellular oxidation.

The abovementioned applies to conditions having their genesis in damage to, exhaustion of or nutritional deficits compromising host cellular immune response, including infectious conditions, cancers, auto-immune conditions and allergies, all excepting congenital genetic aberrations. This information is not intended to offer medical advice or promote the sale of any substance. **The basis of the protocol, successfully and safely used by many associated with the Institute is based on the importance of an ALKALINE STATE.**

None of the above components will have an appreciable effect without the multiple synergistic optimal alkalisising and vitalising effects of the Gaia Diet.

Please take note of the following, particularly if you've been reading the "ONE MINUTE CURE" by author Madison Cavanagh:



### **The Importance of Alkalinising Prior to taking Hydrogen Peroxide 35% Food Grade.**

Without alkalinising first, Hydrogen Peroxide will do little more than make you nauseous and possibly headachy as it interacts with the waste in your colon. Oxygen needs a pH neutral or an alkaline medium to effectively dissolve.

We suggest the use of PURE MAGNESIUM PEROXIDE OXYGEN POWDER (stabilised electrolytes of oxygen) to clear the colon and alkalisise the gut which will also clear the cells of mucous. In doing so the oxygen in the water you drink, along with additional oxygen via magnesium peroxide and Hydrogen Peroxide can dissolve in your gut fluid and be assimilated into your blood. Hydrogen Peroxide on its own, without pH correction will cause acidity.

If using Hydrogen Peroxide for oxygenation, it is recommended that one begins the 5-day course of Magnesium Peroxide Powder PRIOR to using the Hydrogen Peroxide. The Magnesium Peroxide will clear the body and gut from any excess acid and mucous and only then can the oxygenating effects from the Hydrogen Peroxide be fully absorbed.



## GAIA RESEARCH IMMUNOLOGICAL OPTIMISATION 30 DAY PROTOCOL

\*\* NOTE \*\* THE WATER USED CAN BE ORDINARY TAP WATER FIRST BOILED AND COOLED DOWN

OR USE BOTTLED WATER – THIS WILL SUFFICE INSTEAD OF DISTILLED WATER.

DAY	PRODUCT	DOSAGE
Begin with the 5 day programme to cleanse and de-acidify the body  Day 1	Pure Magnesium Peroxide powder  43% elemental magnesium with no binding agents	1 x heaped teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning on an empty stomach
Day 2		½ teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning on an empty stomach
Day 3		½ teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning an empty stomach
Day 4		¼ teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning on an empty stomach



Day 5		¼ teaspoon in a glass of non-acidic fruit juice (apple) or water either last thing at night or first thing in the morning on an empty stomach
Day 6 Introduction of Hydrogen Peroxide	Hydrogen Peroxide 35% Food Grade Oxygenating drops	5 drops first thing with MgO <sub>2</sub> , 5 drops mid-morning, 5 drops in the evening  On an empty stomach. Take drops in-between meals. Do not take within an hour of foods, dairy products and / or iron supplements
Daily	Organic Chinese Green Tea	From the first 30 days, if not before, drink the Gaia Chinese Green Tea as a substitute for tea and coffee throughout the day.
Daily	Selenium Sea (Selenomethionine)  400ugs Selenium mixed in a Kelp base	Take 100-200ug = 1 Pinch of Selenium Sea 3 x daily in a ¼ glass of water just prior to meals to optimise critical endogenous anti-oxidant enzyme induction.  Reduce this dosage to a pinch 1-2 x daily after 30 days, eventually only topping up with 1 pinch daily



Daily	Nutri-Spice – our unique spice and herbal blend	To correct the Sodium/Potassium ratios in the body (1 part Sodium : 2 parts Potassium), take reliable organic Potassium as found in the Gaia Organics Nutri-Spice. Use on all foods and in cooking as a complete salt substitute.
Daily	Micronized Kelp	Use non-irradiated micronized seaweed/kelp, the best source of chelated trace elements, 3 pinches daily, prior to or with meals for 30 days (add to ¼ glass water with selenium for convenience), thereafter just a pinch or 2 daily until finished.
Daily	Kombucha Drink	Use 1 tablespoon daily either on its own or mixed with water to restore good gut-flora.
Daily	Sodium Ascorbate Vitamin C powder for healing, especially during sleep, when immune system is under Vitamin C attack	Take one teaspoon = 1000mg daily in the evening
Daily	Organic Barley Grass Powder	1 teaspoon daily mixed in water or in a smoothy
Daily	Cold pressed Flaxseed oil or Hemp seed oil	1 tablespoon daily (use over salads)
Daily	Magnesium Ascorbate Vit C powder	Take ¼ teaspoon daily for 30 magnesium : 70% Ascorbic acid
Daily	Organic Turmeric & Black Pepper spice	Use daily over foods (non-irradiated)



**MAGNESIUM PEROXIDE OXYGEN POWDER: 40g**

Oxygenated Magnesium Boost for alkalization & mucus release

**Directions:** For a program of 5 days take first thing in the morning OR last thing at night

Day 1: One level teaspoon mixed in a 250ml glass of water. Day 2: ½ a teaspoon.

Day 3: ½ a teaspoon. Day 4: ¼ teaspoon. Day 5: ¼ teaspoon.

As a maintenance dose take a pinch and mix as above. This programme can be repeated if diet consists of fresh induced/acid forming foods such as meats and indigestible proteins.

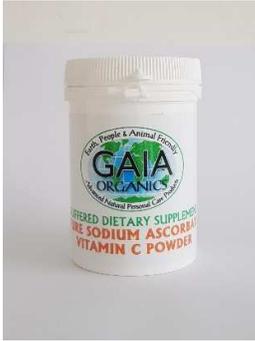
Contains: 43% mineral magnesium peroxide powder and 57% released nascent oxygen

**PURE SODIUM ASCORBATE VITAMIN C POWDER: 100g**

Sodium ascorbate is a pure buffered, soluble vitamin C powder. Vitamin C is an essential nutrient that cannot be produced by the body therefore must be replenished daily to prevent oxidative cellular stress. Sodium helps to regulate the amount of water in the body and aids the movement of sodium in and out of the cells critical to many bodily functions. The sodium in this product differs from common table salt as it is not combined with chloride, the "salt" most often associated with hypertension.

Suggested dosage: As a dietary supplement, mix ¼ teaspoon into a glass of apple or vegetable juice or water. Take with or without meals. Not to be used as a medicine but for health optimizing purpose only.

## Ascorbic Acid vs Sodium Ascorbate



Both ascorbic acid and sodium ascorbate are forms of [Vitamin C](#) where more specifically sodium ascorbate falls under the category of mineral salts.

Therefore, while ascorbic acid is the pure form of Vitamin C, sodium ascorbate is the **sodium salt** of ascorbic acid.

### WHAT IS SODIUM ASCORBATE?

Sodium ascorbate is the **sodium salt of ascorbic acid** and is a common mineral salt used as an antioxidant food additive.

**Being a mineral ascorbate, it is buffered and, therefore, less acidic than ascorbic acid.**

Usually, sodium ascorbate is recommended for people who have gastrointestinal problems associated with ascorbic acid. Sodium ascorbate is considered mild and more abdomen friendly.

However, when including sodium ascorbate in diet, it is important to keep in mind that the sodium is also being very well absorbed by the body along with the ascorbic acid.

Therefore, the dosage of intake should be carefully monitored. Sodium ascorbate is water soluble and hence can only protect water soluble forms from oxidation.  $\frac{1}{4}$  teaspoon is the equivalent of 500mg's vitamin C.



## **What is the difference between Ascorbic Acid and Sodium Ascorbate?**

- Ascorbic acid is an organic acid whereas sodium ascorbate is a mineral salt of ascorbic acid.
- Sodium ascorbate is milder than ascorbic acid as it is buffered and has less acidity. That makes sodium ascorbate more stomach friendly than ascorbic acid.
- Sodium ascorbate has an ester function whereas ascorbic acid does not have an ester function in it.

### **HYDROGEN PEROXIDE 35% FOOD GRADE: 75ml**

Hydrogen Peroxide 35% Food-Grade. Dosage: Add 3-5 drops per 250ml glass of water. Maximum 5 times a day. For more in-depth information please see further details on [www.gaiiaorganics.co.za](http://www.gaiiaorganics.co.za) or [www.gaiiaresearch.co.za](http://www.gaiiaresearch.co.za)

CAUTION: This product contains oxygen which can build up in the bottle if not released at regular intervals.

Store upright in fridge for short term storage and in the freezer for long term storage.

### **ORGANIC GREEN TEA: (FAIRTRADE COMPLIANT & Organically cultivated)**

Undoubtedly the most versatile and efficacious natural health substance yet discovered. Without any medicinal claims being made, there are no other natural health substance known to be capable of competing with organic green tea for safety, efficacy and the tremendous health optimizing potential hereof. Chinese green tea has received extensive scientific acclaim and can be briefly and accurately described as a "mega-potent anti-oxidant health optimizing anti-aging beverage".

### **KOMBUCHA ENERGIZING DRINK: 350ml**

Raw energy concentrate drink and energy booster. Detoxifies the liver, improves digestion and acts as a candida and yeast fighter. Kombucha is a drink made from the fermentation of high anti-oxidant Organic Green Tea, sugar, healthy bacteria and is rich in B vitamins and pro-biotics.

Directions: Can be diluted with water or apple juice depending on desired strength. Maximum dosage per day 250ml (diluted).

Contains: No preservatives, live active culture. This product does not claim to be a medicine but rather a health promoting energy drink.

### **SELENIUM – SEA: 60g**



Selenomethionine enriched micronized kelp powder.

Recommended Serving: Sprinkle one teaspoon (25,000ug) daily over food or add to smoothie or juice.

Contains: 59,775mg kelp and 25,000ug selenomethionine.

**MICRONIZED KELP: 60g**

Unadulterated seaweed. Nature's richest pure bio-available source of chelate colloidal trace elements.

Suggested Serving: Add to smoothie or fruit juice, salad dressing or to food. Not to be heated.

**MILD/HOT NUTRI-SPICE: 84g**

Potassium salt replacement, enhanced with Turmeric (non-irradiated spices).

A complete pH balanced sodium, potassium and savoury spice, herb and mineral blend.

This secret blend of herbs and spices will enhance the oxygenation and increase blood circulation in the body.

Suggested Serving: Sprinkle on food as a salt substitute preferably before cooking.

Contains: Micronized kelp, paprika, turmeric, marjoram, oregano, rosemary, celery seed, cumin, garlic, thyme, black pepper, potassium & sodium chlorides, magnesium peroxide.

**ORGANIC TURMERIC & BLACK PEPPER SPICE: 60g (NON-IRRADIATED)**

Turmeric has many health benefits and coupled with Black Pepper the active ingredient in Turmeric spice – Curcumin is a healthy choice for your daily intake of a wonderful nutritional blend. Best taken in a warm coconut milk drink or equally sprinkled over foods that contain natural fats i.e. avocado.

Suggested Serving: 1 Teaspoon mixed into a smoothie, or sprinkled over cooked food, best absorbed with a fat soluble meal.

**ORGANIC BARLEY GRASS POWDER: 50g (NON-IRRADIATED)**

The juice of barley grass contains beta-carotene, and is high in vitamins B1, B2, B12, potassium, iron, calcium, magnesium, chlorophyll, amino acids, protein, fibre and enzymes, making it worthy of SUPER FOOD status.

Directions: Mix a teaspoon in a glass of water or in a smoothie or vegetable juice.

**FLAXSEED OIL: 250ml**

First pressing of the day. The dietary n-3 fatty acids in high integrity flaxseed oil is novel approach to improving arterial function, has anti-inflammatory, antithrombotic, anti-arrhythmic, hypolipidemic and



vasodilatory properties and can markedly prevent or reduce the development of hyper-cholesterolemic atherosclerosis and related heart attacks as well as strokes, to list but a few benefits over and above basic nutrition.

Suggested Serving: 25ml daily, preferably on an empty stomach. Refrigerate after opening.

**HEMP SEED OIL: 250ml**

Organic Hemp Seed oil is rich in Omega 3, 6 & 9, contains all the essential amino acids, high in magnesium, iron, potassium, fibre and anti-oxidants.

Suggestion serving: 25ml daily, preferably 30 minutes prior to the intake of any other fats and oils. Refrigerate after opening.



**Gaia Research / Organics (Established in 1994)**

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